**SPOTLIGHT ON ES, AT, AE MAJORS**

**Blythe Crow** (AT) is returning to Nairobi, Kenya, in May 2015. She and the other members of her nonprofit, *She Has a Name*, stay in the middle of the Mathare slum to help teenage girls overcome the scourge of child prostitution. To read more about Blythe’s non-profit and how she became interested in this humanitarian cause, read this article in the Durango Herald.

**Ashley Harmelink** (AT) has accepted a graduate assistantship position at UCCS beginning Fall 2015.

**Alex Herrera** (ExSpec) was named to the 2015 Daktronics/Division II Conference Commissioners Association All-American Second Team, and to the National Association of Basketball Coaches (NABC) All-South Central District on Mar. 23, 2015. He was also selected to represent the West team in the 2015 National Association of Basketball Coaches (NABC) Reese’s Division II College All-Star Game on Mar. 27 at 5 p.m. at the Ford Center in Evansville, Ind.

**Andrew Ike** (ExPhys), **Dakota Kay** (ExPhys) and **Kaimon Ontiveros** (SpAdmin) earned honorable mention honors to the 2014 All-National Football Foundation Colorado Chapter (NFFCC) Academic Team. This is the first year of the All-NFFCC Academic team. The inaugural academic team was announced April 13, 2015 at the NFFCC annual banquet in Golden, Colo.

**Devin Kroeker** (AT) posted a season-high leap of 1.38 meters in the high jump on April 11, 2015, at the Maroon Classic, hosted by Colorado Mesa University at Stocker Stadium in Grand Junction, Colo.

**Kelsi Lawrence** (ExPhys) was among the first ever All-RMAC academic performers for the Skyhawks track & field team as this is the first year Fort Lewis has sponsored women’s track & field as a varsity sport.

**Nina Parsons** (AT) has accepted a graduate assistantship position at New Mexico State University beginning Fall 2015.

**INSIDE THIS ISSUE**

Spotlight on majors... 1  
Graduating seniors.... 4  
Mega Myocardium ... 5  
Parkinson’s awareness month..................... 5  
ES Social April 24 ..... 6  
Athletics yard sale ..... 7  
Faculty News.......... 8  
Alumni News.......... 8  
Contact info............. 8
Alex McWhorter, Forest Schulke and Noah Dillon presented their research, “Stroke Volume Response Varies Amongst Cyclist,” at the Rocky Mountain American College of Sports Medicine Conference. They received an FLC Student Research Grant to attend the conference. This research project was conducted under the guidance of Dr. Melissa Knight Maloney.

Kyle Shepherd & Jake Montoya presented their research, “Effects of Age and Activeness of Heart rate Variability,” at the Rocky Mountain American College of Sports Medicine Conference. They received an FLC Student Research Grant to attend the conference. This research project was conducted under the guidance of Dr. Knight Maloney.

Manuel Chavarria, Dusty Dasugo and Nicole DeSouchet have been accepted to present their research, “The Role of Cutaneous Sensory Feedback During Running,” at the Rocky Mountain American Society of Biomechanics Conference. They received an FLC Student Research Grant to attend this conference. This research was conducted under the guidance of Dr. Missy Thompson.

Tim Standifer, Lauryn Andre, Shannon Rutschle, Nicki DeSouchet, Kayla Joe and professors Missy Thompson & Jim Cross gave a presentation about exercise science to 8th grade Middle School students at Pagosa Springs Middle School.
Congratulations to the following Exercise Science Majors who participated as coaches, chaperones, and/or team partners for Special Olympics Basketball February 14th & 15th in Grand Junction, CO. The Durango athletes came home with 2nd and 3rd place ribbons depending on their division. Matt Steffens, K.K. Waalani, Dakota Baldozier, Trevor Bonifasi, Sean Claussen, Nick Daily, Casey Farrell, Gracie Jaeger, James Kahler, Santiago Ortiz, Jess Reed, Cory Saxon, Kevin Savage, Ryan Stern, and Carolyn Woods accompanied 14 Special Olympics athletes on the trip.

Congratulations to the following Exercise Science Majors who participated as coaches, chaperones, and/or team partners for the state competition for Special Olympics Basketball March 20-21 in Denver, CO. The Durango athletes came home with 4th place ribbons for their division. KK Waalani, Matt Steffens, Kayla Hoover, Jacob Montoya, Towanda Pecos, Mariah Starbach, and Robert Wirebaugh accompanied the 7 Special Olympics athletes on the trip.

ES majors, Shawnee Kessel, Josh Maes, Kiley Raica, and Tehenia Telliano, although they did not travel to the tournaments practiced with the athletes on a regular basis here in Durango. Fort Lewis College was well represented by these students who fulfilled practicum hours for their ES 254 class (Adapted Exercise), or Specialist, or Physiology Internships.
Congratulations to our
Spring and Summer 2015 Graduates

Adventure Education
Nicholas Canaparo, Francis Liaw, Christopher Martin, Kailey McKenna, Justin Myers, Jake Rafferty, Emiliano Rodriguez-Warner

Athletic Training
Tynan Davis, Andre de Faria Filho, Ashley Harmelink, Jessica Huntoon, Nina Parsons, Mariah Stuart, Margaret Wetzel

Exercise Science: K-12
Marti Toledo, John Gonzales

Exercise Science: Physiology
Brett Barnes, Kenjok Bhotia, Manuel Chavarria
Zachary Chenoweth, Nicole DeSouchet, Jared Gonzales
Kayla Joe, Justin Jurado, Maeselle La Paz, Caitlin Lucas
Alex McWhorter, Jacob Montoya, Forest Schulke
Kyle Shepherd, Myndee Thompson, Nicole Wilkinson

Exercise Science: Specialist
Kristina Begay, Matthew Clark, Blaise Cuban, Dusty Dasugo, Amanda Dodge, Jarrett Higginson, James Kight, Tatum Martinez, Brian Thompson, Marcus Whitehair, Gabriel Wilson

Exercise Science: Sport Administration
Matthew Boyd, Adam Byrne, Brandon Carrish, James Kyberd
Daniel Walters, Oliver “Opie” Wilson
MEGA-MYOCARDIUM AWARD

Accepting Nominations.....

for the Mega-Myocardium (Big Heart) Award. This award is given every year to the most helpful faculty or staff member in the Exercise Science Department (including Adventure Education, Athletic Training and Exercise Science). Please come by the Exercise Science office, complete a nomination form, and drop it in the nomination box. Nominations are made by students and will be accepted until April 20, 2015. Nomination forms are available in the Exercise Science Office, Gym 144.

April is Parkinson's Awareness Month

When it comes to helping Parkinson's disease patients retain vital motor function, weight training may be more effective than stretching or balance exercises, a new study concludes. The findings "reconfirm our notions that exercise plays an important part in the treatment of Parkinson's disease," according to one outside expert, Dr. Nora Chan, director of the Movement Disorder Program at Winthrop-University Hospital, in Mineola, N.Y. Read More
FORT LEWIS COLLEGE
EXERCISE SCIENCE
SOCIAL!

Friday, April 24th
12:30 pm - 1:30 pm
Skyhawk 140

Refreshments will be provided by the Exercise Science 353 class!
We will be announcing:
- Scholarship recipients for the 2015-16 year
- Most Promising Newcomer award & Mega- Myocardium award
- AKA Scholar, Major of the Year, Outstanding students in ES options

Athletic Training, Adventure Education and Exercise Science
Students, Faculty and Staff are invited to attend!
The Fort Lewis College Department of Athletics will be holding a yard sale:

**Date:** Friday, April 17, 2015  
**Time:** 3:00 p.m. – 6:30 p.m.  
**Location:** outside in the open area on the West side of Whalen Gym on the campus of Fort Lewis College.

Each of the Skyhawks varsity programs will have used items for sale. Items include team gear, equipment, jerseys, etc.

For more information, contact:  
Adam Ruetschle (adruetschle@fortlewis.edu)  
or  
Lynne Andrew (Andrew_l@fortlewis.edu).
FACULTY NEWS

Dr. Lee Frazer is being recognized as the Alice Admire Outstanding Teaching Award recipient for 2015. He will be honored at the Fort Lewis College Employee Recognition Reception on May 4, 2015.

Dr. Melissa Knight-Maloney is collaborating with The Durango Performance Center to perform groundbreaking research and enable her students to get some real-world, hands-on experience. “That's an emphasis at FLC,” she said. To read more about this research and students who worked with The Durango Performance Center this academic year visit the Durango Herald article.

Dr. Mary Ann Erickson, Professor and Department Chair, is retiring at the end of this semester. We wish her a long, happy, healthy retirement! Dr. Knight-Maloney (pictured above) will be the new department chair.

ALUMNI NEWS

William “Doyle” Bode (SpAdmin ‘14) will be attending law school in fall 2015. He was accepted at eleven outstanding law schools across the country and evaluated eleven scholarship offers before he accepted the offer to attend the University of Denver Sturm College of Law.

Thomas Hoang (SpAdmin ‘12) and Nicole Kluk (Sport Adm ‘10) played soccer during their time at FLC and now they work for the Rockies. Pictured here with Andy Finley, another FLC alumnus. Taken on the Rockies’ opening day this season!